

## **ABSTRACT**

A shoulder press exercise machine has a main frame, a user support pivotally mounted on the frame for supporting a user in a seated position, at least one exercise arm movably mounted on the frame and movable between a start position in which handles are located in front of the shoulders of a user on the user support frame and an end position in which the handles are located above the head of the user. A connecting linkage connects movement of the exercise arm to movement of the user support, so that movement of the exercise arm from the start to the end position simultaneously rotates the user support. A load resists movement of at least one of the moving parts of the machine. The combined motion of the user, user support frame and exercise arm between the start and end position substantially replicates the natural movement of the upper part of a human body when performing a free weight shoulder press exercise.